America Leads the World in Teaching Household Arts

Many Countries Borrow Teachers College Methods of Solving Women's Problems and Fitting Girls to be Housewives.

Food Tests in Laboratory Equipped Like a Flat Have Vital Bearing on Economic and Physical Welfare of the Public.

FIELD WORK IN THE HOUSEHOLD COURSE AT TEACHERS' COLLEGE INCLUDES INSTRUCTING CHILDREN

WEIGHING INGREDIENTS IS AN IMPORTANT PART of The FOOD COURSE at TEACHERS COLLEGE

EATING The PRODUCT of The HOUSEHOLD LABORATORY

AMERICA is doing more than any other country to educate the public in the household arts. Many countries, including England and France, are closely watching our research work, accepting our conclusions and sending representatives frankly to borrow our methods. The high cost of living and the perplexing problems confronting the housewife to-day, both in the city and country, render the work especially important.

Those who wish to excel in the science come to Teachers College, New York, for instructions. The heads of thirty-six departments in as many colleges in the United States have been graduated from this institution. The research work of its many laboratories is everywhere accepted as authority.

The results of this research work, for example set the standards of food budgets During the war the Food Nutrition Division of the Sanitary Corps, in arranging the rations for our soldiers, was guided by the results of this work. One of the professors of the college staff was placed in charge of the Food Conservation Bureau in New York city, one division of the work of the Federal Food Board, and New York State Commission. The professor was constantly consulted as to food policies here and for the shipment of food materials abroad, and contributed largely to the food conservation of Europe. It is interesting to know that in the quiet laboratories of Teachers College problems were solved which would render our troops more efficient and help to determine the fates of armies and navies.

Lrboratory Like a Flat.

No household problem is neglected in these courses. The equipment of the department of household arts, which has been largely imulated, includes, in addition to the regular economical laboratory, a complete flat with kitchen, dining room, bedroom and bath, where food problems and their effect on health are worked out in detail. The students analyze familiar foods and by repeated efforts discover methods of cooking, for instance which at the same time make the food more palatable and nutritious or realize its medical properties. Unexpected nutritive values are found in foods which often go to waste.

The "flat" laboratory is in constant use. Subjects are selected from among the students who are out of health, or lacking in vitality, whose cases present interesting problems in nutrition. Careful analysis reveals the exact nature of the food required, and the meals are selected and prepared with scientific accuracy. Take for example the case of Miss X., who is now living in the flat laboratories. Without special care this student could not have finished her course, her system did not gain from ordinary foods sufficient nourishment to keep up her vitality. It was found that her system needed calcium. A tempting dish prepared from almonds supplied the calcium, and Miss X. has already gained ten pounds under the diet.

Another interesting test is now in progress in the flat laboratory to determine the digestibility of the whites of eggs. Three times a day a group of four students sit down in the attractive dining room to a meal consisting largely of whites of eggs: for five days they eat the whites of eggs raw and for five days they eat them cooked. The eggs are served as "cocktails" or beaten into some attractive form. When the present writer visited the flat at meal time it was explained with apologies that it was impossible to invite him to a meal, since every article of food had been weighed to a fraction of an ounce and must be accounted for.

The knowledge gained in the laboratory has proved especially successful in field work. A social settlement on the East Side of New York has been selected for experimental work. A group of 175 children were enrolled and were given careful medical examination: of these 75 were found to be suffering from malnutrition. The feeding of these children and the scientific measurements were made by a group of 25 students at Teachers College. The children under inspection were fed a noon meal and an afternoon lunch. The luncheon offered the children an opportunity to secure from 1,000 to 1,200 calories if they would eat the food provided.

In these days of high food prices it is interesting to know what foods are especially rich in nutritive qualities. More expensive articles of food are often less valuable. The 1,200 calories were supplied by lima beans, barley soup, rye bread and butter, graham bread, jam and ice cream. At the end of two months the average gain per child from this single daily meal was over two pounds. These experiments showed among other things that meat at 40 to 60 cents a pound is less nutritious than beans at 17 cents a pound. It will be noticed that graham flour was used instead of wheat. The exact knowledge of food values thus taught makes for better health and higher vitality.

Another generation better informed in the science of dietetics may look upon our ignorance of food values of to-day much as we look upon the barbaric feasts of ancient times. The menu of the famous dinner once served in Carthage will show how we have progressed. The ancient dinner consisted of antelope with their horns, peacocks with their plumes, sheep boiled whole in sweet wine, haunches of the camel and buffalo, hedgehogs, with garum, fried grasshoppers and preserved mice running over with asafoetida.

The mere layman in dietetics to-day will see the enormous waste of nutritive values in such food. Much of our food preparation to-day may be compared to giving an orange a single squeeze and throwing it away. The modern science of dietetics teaches us how to squeeze the orange dry.

Among many other activities the department is at present engaged is the teaching of nutrition as a part of social service work. Statistics brought out with the war as to the physical unfitness of more than one-third of the men of military age have profoundly stimulated popular interest in nutrition. A nutrition and home making centre has been established this winter as a cooperative enterprise between Teachers College and philanthropic organizations. Children classes of various types are being organized both to develop the work and to serve as practical fields for students.

Solving Rural Problems.

One of the most popular courses consists in the organization and administration of household arts in rural communities. The course is designed for those interested in the problems that confront women in small towns and on farms. A wide variety of subjects is included, such as domestic economy, educational and social needs of farm women and the best manner of meeting these needs. Federal, State and county organizations are employed. The students are instructed how to become administration agents, all with special reference to limiting cost of living.

There is special instruction in preparing household budgets adapted for the housewife both in the city and the country, for the rich and the poor. The summer session this summer at Teachers College will alone attract over 6,000 students, who, in turn, will teach hundreds of thousands of pupils the rest of the room being furnished as a dining room. The meals are prepared by scores of scientific cooks and served hot from the stove.

The laboratory work here consists first of all in the study of the composition properties, and purification of water. The effect of various cooking utensils on food products is observed. Special attention is given to the economy of fuel.

The future housewife analyzes fats, soap, scouring agencies and powders. There is an examination of proteins in eggs, meat, extracts, gelatine, milk, cheese and baking powders. Lectures and administrations are given in the preparation of tea, coffee and cocoa, and there are recitations on the important organic compounds. All this is included in a single course.

How Odor Travels

THE rapid propagation of smells noticed in the open air appears due entirely to currents, since in small tubes, where currents do not exist, the rate is found to be very small. Experiments along this line were first undertaken in England by Prof. Ayrton, and additional data have been reported in this country.

With ammonia diffusing through a tube a meter and a half long, over two hours elapsed before the smell could be detected at the other end of the tue. Using different lengths of tubing, it was found that the time required for the diffusion of the smell was roughly proportioned to the square of the length. Ammonia and hydrogen sulphide were used for these experiments. The presence of ammonia could be detected chemically at a point in a tube after about the same time as when the sense of smell was used for a detector. The rate of propagation of the smell of ammonia was not markedly different when this had to pass along the same tube either horizontally or vertically upward or vertically downward. With camphor, however, while the rates horizontally and downward were about the same, the speed upward was about twice as great. The smell given to iron and brass by rubbing these with the fingers was also ied, but gave no definite results.

Striking Examples of Our Many Immigrants Who Rise

BECAUSE of a preponderance of notice being taken nowadays of the immigrant tainted with Bolshevism some people may forget the many eminent examples of alien introduction into America's body politic with fine results, and, as a matter of fact, if a census showing the desirable and the undesirable could be taken, the former would dwarf the latter almost to nothingness.

It is as well for patriotic Americans to keep in mind the individual cases that have come under every man's notice that prove the wonderful and beneficial results of our melting pot. The history of some of them, while simple, nevertheless has romantic features. There is, for a striking example, M. I. Pupin, professor of electro mechanics at Columbia University since 1901. He is secretary of the Interracial Council at 120 Broadway. This is an organization made up of representatives of thirty-two racial groups in America. In 1917 Professor Pupin presented to the United States Government an invention eliminating static interference with wireless transmission.

Landed With 5 Cents and Piece of Pie.

Speaking recently of the subject of immigration, Professor Pupin said that he was an American of Jugo-Slavic birth and he came to America in the steerage of the steamship Westphalia in 1874; in his pocket was five cents and in his hand a piece of apple pie. Now he modestly wears the titles of Ph. D., Sc. D. and LL. D.

"Nothing," said he, "is so tragic and so touching as to leave one's native land. The reason that our citizens or intending citizens settle in colonies is based on a need of human nature; the immigrant yearns for the companionship of his countrymen.

"I do not know whether my struggles as an immigrant were greater than my struggles in immigration work. As president of the Slavonic Immigrant Society and of the Serb Federation for eleven years my experience has convinced me that you cannot handle the immigrant except through an American citizen of his own race."

While the immigrant and his groping toward Americanism can be well studied in New York the study is not confined to this city. There follows an excellent anecdote of his success in the middle West.

Two brothers who six years ago were working in the Planters and Jefferson hotels in St. Louis as busboys at $1 a day have recently purchased for $350,000 two large moving picture theatres, running their string of film houses up to nine. These nine movie theatres have an annual gross revenue of $775,000.

The brothers are Charles Skouras, 30 years old, 5759A McPherson avenue, and Spyros Skouras, 27 years old, 5915A Etzel avenue. In 1914 they decided to quit working as hotel busboys and invest their savings in some paying business. Unlike many of their fellow countrymen from Greece, they did not invest in a candy kitchen or restaurant. The moving picture business was developing rapidly at the time and they decided to try it.

They bought a $5,000 interest in the Olympia Theatre, a nickelodeon, at Fourteenth and Market streets, four blocks from Union Station. They had to obtain assistance from friends in raising the money for the deal. It was not long before they bought out their associates in the Olympia.

Under the name of the Olympia Amusement Company the brothers a year later branched out. They purchased the Lafayette Theatre in South St. Louis. Business was so good that in six months they were able to buy the Pageant Theatre and Crystal Airdome in the West End, a fashionable residence district. To turn this deal they sold the Olympia and Lafayette theatres.

Last summer they purchased the West End Lyric, the Lyric Skydome and the Downtown Lyric. Last October they bought the Shaw, a south side theatre. Their latest purchases are the New Grand Central and Grand Central, from City Collector Goeln.

And here is the story of the upward climb of C. C. A. Baldi of Philadelphia, who began with nothing and is now one of America's foremost citizens of foreign birth and a millionaire. When he landed in New York thirty years ago he had a few pennies in his pocket, the pocket of a pair of ragged trousers. He had no English and knew nothing of American customs, but he had heard of the opportunities that America offers to a wide awake, ambitious immigrant willing to work.

With his few pennies Baldi bought thirty lemons and peddled them. From the money received he bought more lemons and peddled them. Before long he had a pushcart loaded with hundreds of lemons. And as he went about selling them he studied America with his bright eyes and learned a few words of English. These he increased day by day until he knew the language and had begun to understand the country. In time the pushcart became a store and the store grew into a great business, with banking and other departments.

Baldi was always a capitalist, but at first he capitalized what he had in common with the best immigrants of every race. He capitalized his energy, enterprise, ambition and willingness to work. Throughout his life in this country Baldi has not forgotten Italy, and he has always been ready to help other Italian immigrants to better the condition of themselves and their families. This has made him a better American.

Millionaire Baldi has five sons, all Americans. One is a member of the State Legislature, one is a doctor, another is a banker; the fourth son is a merchant and the fifth is editor and publisher of one of the largest American newspapers published in a foreign language.

Although the instances cited are salient because of the overwhelming degree of success gained by these particular men, they represent a great and increasing class of splendid citizens, true Americans constructed out of sound foreign stock, throughout the country. The scientific instructions in household arts is certain to have a widespread influence, it will be seen throughout the country.

The college offers scores of different courses in clothing and textiles, house furnishing, food, nutrition and sanitation, organization, administration of household arts, elements of dietetics, field work in dietetics, food and chemistry, food and cookery, technology of cookery, elements of cookery and housewifery, elementary food preparation, home cookery and table service, the economics of city food supply, &c.

One of the largest laboratories in this department is half filled with ranges and cooking utensils of the most approved design,

Goslington's Philosophy

THIS morning I met walking along the street a man who was laughing: not at something he saw, but just laughing to himself at something he had in his mind, at a happy thought. His face was inclined downward a little and he had slowed down a little in his gait as he had become absorbed in what he was thinking about: but now, as he passed the peak of this enjoyment, he lifted his head again to its usual level and strode on again at his usual gait; his face, however, still smiling.

Fortunate is the man that has in his heart a spring that bubbles happy thoughts.

Every time I give the brush boy in my barber shop a nickel I feel ashamed for myself and for him.

For him, because he does his work in a careless, inefficient manner; for myself, because I continue to pay for such service. And he's a nice boy at that; cheerful, well meaning, polite, but he simply doesn't know that he isn't living up to his privileges that he isn't doing the best he could.

I don't know what I can do about it—nothing, I suppose. Having started giving, I must keep on. I would like to tell him that the one and only way for anybody, man or boy, to get on in the world is to do his work, whatever it may be, to the very best of his ability; but this is something that I can't pluck up the courage to do.